

Seafood Recipes



Stone Crab



Florida Stone Crab Claws with Key Lime Mustard Dipping Sauce

Ingredients

3 pounds Florida stone crab claws,
medium-sized

1 cup light mayonnaise

5 tablespoons Dijon mustard

4 key limes (or two regular limes),
juiced

Sea salt and freshly ground pepper
to taste

Preparation

Crack claws using a wooden hammer or a seafood cracker; remove shell and movable pincer, leaving meat attached to the remaining pincer. Set aside and keep refrigerated until use. In a small-sized bowl combine the mayonnaise, Dijon and lime juice. Taste the mustard sauce and adjust seasoning with salt and pepper. Serve stone crab claws with the mustard sauce.

Yield 4 servings



Fresh
from
Florida®

Seafood Safe Handling Tips

- Purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.
- Always marinate seafood in the refrigerator. Discard used marinade as it contains raw juices which may harbor bacteria. When marinade is needed for basting, reserve a portion before adding raw seafood.

Buying and Storing Tips

- Fresh stone crab claws should have a mild sea breeze aroma.
- Store cooked crab claws and picked meat in the coldest part of the refrigerator at 32 degrees F. Use within 2 days.
- Stone crab claws without cracks in the shell can be frozen at 0 degrees F for up to 6 months.
- Thaw frozen stone crab claws in the refrigerator for 12 to 18 hours.
- Do not thaw crab claws in chilly water because flavor and texture will be affected.

How Much to Buy

- Buy 3 to 4 claws per serving depending on size
- Medium 6 to 8 claws per pound
- Large 5 to 6 claws per pound
- Jumbo 2 to 4 claws per pound
- 2½ pounds of medium-sized stone crab claws will yield approximately 1 pound of picked crabmeat

Cooking Tips

Stone crab claws are sold fully cooked, fresh or frozen. Claws are cooked immediately after harvest to prevent the meat from sticking to the inside of the shell. To serve as an appetizer, crack and remove each claw's shell and movable pincer, leaving the meat attached to the remaining pincer. Serve with drawn butter and fresh lime juice.

STONE CRABS

Stone crabs (*Menippe mercenaria*) are found in bays and estuaries along the Atlantic and Gulf Coasts, but the claws are commercially harvested almost entirely in Florida. Florida stone crab season is October 15 through mid-May. The fishery is closed for 5 months each year to help protect and sustain Florida's valuable stone crab resource.

Characteristics: Firm texture, sweet meat. Low fat. Extra lean.

Substitutes: Golden Crab, Blue Crab

Nutritional Value Per Serving: For approximately 3 ounces (85 grams) of raw, edible portions (equivalent to 4 medium claws): Calories 60, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fatty Acid 0g, Cholesterol 67mg, Sodium 269mg, Total Carbohydrates 0g, Protein 17g, Omega-3 Fatty Acid 0g.



Fresh
from
Florida®
CLUB



FOR MORE DELICIOUS FLORIDA SEAFOOD RECIPES VISIT:
FollowFreshFromFlorida.com